



Serves: 4

Indonesia Croque

Ingredients

- Wholemeal bread 8 slices
- Reduced fat cheese 8 slices
- Low Fat Evaporated Milk 150ml
- White rice flour 50g
- Chicken breast, skinless, cooked and sliced 300g
- Ground nutmeg a pinch
- Bay leaf, dried 1 pc
- Salt & pepper, to taste

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Milk and dairy products provide calcium which is essential for healthy bone growth and development.

Method

- Boil evaporated milk together with nutmeg, bay leaf, salt and pepper.
- Thicken with rice flour, then remove from heat. Set aside.
- Spread the sauce (from step 1-2) over slices of bread.
- Place a slice of cheese on each of the 4 slices of bread.
- Add ¼ portion of sliced chicken on top of cheese.
- Place another slice of cheese over the chicken and cover with another slice of bread to make a sandwich.
- Grill sandwich till brown on both sides.
- Serve warm.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 414kcal
Protein 39.2g
Total fat (g and % of total calories)
9.1g (19.7%)
Saturated fat 4.7g
Cholesterol 78mg
Carbohydrate 44.4g
Dietary Fibre 4.2g
Sodium 616mg